

Catfish Stew and Rice

Makes: 4 servings

Ingredients

- 2 potatoes (medium)
- 1 **can** tomatoes, cut up (14.5 oz)
- 1 **cup** onion (chopped)
- 1 **cup** clam juice (8-oz bottle, or water)
- 1 **cup** water
- 2 garlic (cloves, minced)
- 1/2 head of cabbage (coarsely chopped)
- 1 **pound** catfish fillets
- green onion (sliced, as needed)
- 1 1/2 **tablespoons** Chili and Spice Seasoning (see recipe)
- 2 **cups** rice, white (or brown, cooked)

Directions

1. Peel potatoes and cut into quarters.
2. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 10 minutes.
3. Add cabbage and return to boil. Reduce heat. Cook covered over medium-low heat for 5 minutes, stirring occasionally.
4. Meanwhile, cut fillets into 2-inch lengths. Coat with [Chili and Spice Seasoning](#).
5. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork.
6. Serve in soup plates. Garnish with sliced green onion, if desired. Serve with scoop of hot cooked rice.

*Reduce the sodium by using low- or no-added-sodium

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	349	
Total Fat	3 g	5%
Protein	23 g	
Carbohydrates	59 g	20%
Dietary Fiber	8 g	32%
Saturated Fat	1 g	5%
Sodium	19 mcg	27%

MyPlate Food Groups

Vegetables	2 1/2 cups
Grains	3 ounces
Protein Foods	1 ounce

canned tomatoes.

US Department of Health and Human Services, A Healthier You: Based on the Dietary Guidelines for Americans